

Staff Enrichment Week

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June
13th–17th

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Bates | College

COURSE CATALOG

Sponsored by the Bates College Staff Development Committee

Staff Enrichment Week 2011

MONDAY, JUNE 13, 2011

The Monk Who Sold His Ferrari (Book Talk)

Mike Milliken, Human Resources/Wellness

Bestselling author Robin Sharma writes a fable about a powerful lawyer who is forced to examine his out-of-balance lifestyle after a medical event. The book provides step-by-step details of how to lead a life of purpose and meaning. This book will be provided in advance for all enrollees. Class Size: 30

Frisbee Golf

Chris Davis and Ben Splude, Dining Services

Like golf? Like playing Frisbee? Come learn the fundamentals of Frisbee Golf in a fun, stress-free environment. This class is outdoors so please dress appropriately. Class Size : 25

Living Lightly on the Earth: How to Make Useful Environmentally-friendly Products

Cheryl Lacey, Dining Services

Explore how to make useful every day household products that will enrich your life using environmentally-friendly and recycled components. Class Size: 20

Vegan Party for Twenty!

Owen Keene, Mike Landry, and Thoun Thongsavanh, Dining Services

Want to surprise and dazzle your friends but are intimidated by vegan style cooking? Our talented Bates chefs will walk you through making and presenting a sumptuous vegan party menu. Class Size: 25

The Coffee Bean

Nicole Hastings, Physics, and Wicked Joe Roasts

From bean to cup, learn the history and current issues about coffee. Partnering with a local roaster, we will discuss where coffee originates, how farm locations affect taste, and different types of roasting and brewing techniques. Be prepared to sample wonderful coffee! Class Size: 30

Protecting Yourself from Identity Theft

Detective Lee Jones, Lewiston Police Department

From online bill paying and banking to door-to-door sales, learn how to protect your identity and avoid being scammed at home and in public. Identify email, phone, and mail scams, how to protect yourself when shopping, and what to do if you are the victim of identity theft. Class Size: 50

Gardening Tips, Tricks, and Techniques

Bill Bergevin, Physical Plant

Make this your best gardening season ever! This class will cover a variety of topics to prepare you for the upcoming gardening season. Bring your curiosity and your questions. Class Size: 30

TUESDAY, JUNE 14, 2011

Alibi Blonde (Book Talk)

Woody Hanstein, Author

Maine author Woody Hanstein will present his latest mystery novel—the sixth book of his “Pete Morris Mystery” series. With a simple, engaging style of writing, Woody has been a trial lawyer for thirty years and teaches at the University of Maine-Farmington. This book will be provided in advance for all enrollees. Class Size: 50

Greek Dancing

John Rozos

Greek dance is a very old tradition, with different styles from each of the islands. There are over 4000 traditional dances that come from all over Greece. This class will introduce you to the basics of this lively style of dancing, including circle and line dancing. Class Size: 20

Bird Watching at Thorncrag

Tom Hayward, Ladd Library

Learn and practice some basic birdwatching skills at the Thorncrag Nature Sanctuary. Leader Tom Hayward is a long time member of the Stanton Bird Club. Bring binoculars and have appropriate foot wear for walking. This class will meet at the Thorncrag parking lot. Class Size: 15

Card Making Made Simply Beautiful

Shirley Govindasamy, Human Resources

Using a template, learn to make cards and envelopes from the beautiful pages of magazines such as Martha Stewart's Living or Real Simple. We will look at ways to make attractive cards using things we find around the house. A list of materials to bring will be supplied after you register. Class size: 20

Bedbugs, Bats, and Mighty Mouse

Ray Potter, Environmental Health and Safety

This class will focus on some of the most common household pests and how to deal with them. We will learn about the life cycles and habits of bed bugs, fleas, ants, cockroaches, bats, squirrels, and the elusive house mouse. Class Size: 50

Making Your Photos the Hit of the Party

Kristen Carey, Media Services

This class will show you how to get your digital photos off your camera and onto CD's and memory sticks. You will learn how to take those pictures and create a slideshow with music which can be given as gifts or be played at birthday parties and anniversaries. You will be instructed how to bring your pictures and favorite CD to class. Class Size: 12

Home Carpentry from Conception to Finish

Tim Chouinard, Physical Plant

This class will provide you with a hands-on opportunity to design and construct a small carpentry project that you can take home. Come learn to use tools in everyday carpentry. Class Size: 15

WEDNESDAY, JUNE 15, 2011

Cutting for Stone (Book Talk)

Sarah Potter, Bookstore

Winner of Book Browse's 2010 Best Book Award, this is an epic novel that spans continents and generations. Cutting for Stone is an unforgettable story of love and betrayal, compassion and redemption, exile and home that unfolds across five decades in India, Ethiopia, and America. This book will be provided in advance for all enrollees. Class Size: 25

Aging Sensitivity

Connie Jones, Seniors Plus

The way to truly understand others is to “walk in their shoes.” A classroom instant-aging experience will give you new respect for the world according to older adults. Class Size: 30

Replacing College Debt with Savings!

Karen Vigue, Finance Authority of Maine

This practical seminar provides an overview of the various federal and state programs, grants, and other financing options available to help families prepare for college costs. This class will help you understand about programs designed to help Maine families save, invest, and leverage financial aid opportunities, at whatever point in the process families find themselves. Class Size: 50

Origami Gifts

Natalie Williamson, Finance

Cash is always the perfect gift, but instead of just throwing a \$20 bill into that birthday card, come learn to fold money into origami shapes to create a striking after-dinner tip or wedding or birthday gift. Participants should bring approximately five one dollar bills that they will use during class and take home as origami gifts. Class Size : 20

Shelter 101: Basic Pet Care

Zachary Black, Androscoggin Humane Society

Come learn the basics about programs and animals available through our local humane shelter, including adopting a pet and basic animal care. Class Size: 20

How to Carry a Bookshelf with One Hand: eBooks and eReaders

Christopher Schiff, Ladd Library, and Andrew White, ILS

Come explore the latest frontier of reading. This hands-on class will show you the ins and outs of the most popular eReaders, such as the Kindle, Nook, and iPad, and how to use them to read books, newspapers, and magazines. Participants who attend this class will be eligible to win an eReader. Class Size: 20

The Basics of Sanding and Staining

John Snyder, Physical Plant

Learn how to finish your wood pieces like a pro by learning the proper techniques for sanding and staining. Bring your carpentry project from the Home Carpentry class – and apply the finishing touches in this class. Didn't attend the Home Carpentry class? No problem—a small wood project will be provided for you. Class Size: 15

THURSDAY, JUNE 16, 2011

Drive: The Surprising Truth About What Motivates Us (Book Talk)

Sarah Bernard and Marsha Roy, ILS

Forget everything you thought you knew about how to motivate people—at work, at school, or at home. It's wrong. As the author explains in his new book, the secret to satisfaction in today's world is the deeply human need to direct our own lives, to learn and create new things, and to do better by ourselves and our world. This rare book will get you to think and inspire you to act. This book will be provided in advance for all enrollees. Class Size: 25

Introduction to B Fit

Matt Sherburne, Wellness Program

Exercise instructor Matt Sherburne has been leading a popular fitness class on campus called B Fit for the past year. This introductory class will give you a chance to experience an exciting group fitness program designed for beginner levels of fitness. Class Size: 25

A Grand Trip through Lewiston's History

Doug Hodgkin, Professor Emeritus

In a trip through Lewiston's past via old maps, photos, and other illustrations, this talk shows the transformation of a rural town to an industrial city, the place of Bates College, and the role of the Grand Trunk Railroad. Participants will receive a complimentary book highlighting the history. Class Size: 50

Knitty-Gritty

Carmen Purdy, Office of Equity and Diversity Resources

Learn basic knitting techniques and start a project that you can finish at home! Knitting needles, yarn, and a pattern will be provided. Several experienced knitters will be on hand to lend assistance. Class Size: 16

All About Fruit Trees

Renee Moran, University of Maine Cooperative Extension

Learn about the elements of tree fruit culture including how to select various fruit trees, disease prevention, insect problems, and pruning. Class Size: 50

Computing in the Cloud

Lee Desiderio, ILS

Cloud computing provides individuals with an easy and convenient way to access and share data, pictures, emails, and documents from an internet-connected computer. This interactive class will teach you nine free cloud-based applications and tools in just 90 minutes! Participants must be familiar with basic operations such as sending and receiving emails and using a web browser. Class Size: 20

Small Engine Repair

John Deschaine, Physical Plant

Summer is here and it's time to learn all about preventive maintenance and minor engine repair on your weed whackers, mowers, and chainsaws, including how to safely sharpen your chainsaw. Class Size: 15

FRIDAY, JUNE 17, 2011

5 K Fun Run/Walk

It is time again to get outside and have some fun. You can either join your colleagues in the Run/Walk or get out and cheer them on.

Paddle on the Puddle

If you need a relaxing break from the office and would like to try kayaking, turn up at Lake Andrews (the Puddle) and have a paddle. You could get wet, so dress accordingly. Registration is not required for this event—just turn up.



REGISTERING FOR COURSES

We encourage you to take part in this exciting week. Please obtain permission from your supervisor prior to enrolling in courses.

Registration begins on May 18th.

How to Register:

- Log on to Garnet Gateway using your Bates ID. The Garnet Gateway can be accessed by going to the College home page and selecting "Garnet Gateway" from the Hot List Menu.
- Enter your PIN.
- Go to the Events Menu Tab located at the top of the page.
- Click on Upcoming Events.
- Click on Staff Enrichment Week.
- Click [sign up] next to the courses you wish to take. If you want more information about a course, click the name of the course.

To review the courses you have signed up for, click the Events link near the top of the screen.

Questions? Please call Human Resources at x6140



A SPECIAL THANK YOU

Please join us in thanking the many individuals who made this week possible:

- **Committee Members:** William Ash, Heather Bumps, Linda Carter, Lee Desiderio, Susan Dunn, Donna Duval, Ken Emerson, Mary Main, Mike Milliken, Ray Potter, Keith Pray, Sherry St. Amant, Christine Schwartz, Heather Taylor, Andrew White
- **Presenters:** Mike Milliken, Chris Davis, Ben Splude, Cheryl Lacey, Owen Keene, Mike Landry, Thoun Thongsavanh, Nicole Hastings, Detective Lee Jones, Bill Bergevin, Woody Hanstein, Tom Hayward, Ray Potter, Kristen Carey, Tim Chouinard, Sarah Potter, Connie Jones, Natalie Williamson, Zachary Black, Christopher Schiff, Andrew White, John Snyder, Shirley Govindasamy, Sarah Bernard, Marsha Roy, Matt Sherburne, Doug Hodgkin, Carmen Purdy, Renee Moran, Lee Desiderio, John Deschaine, William Ash, Steve Bowden.
- **BCSA** for hosting the lunchtime bingo game
- **Dining Services** for coordinating all our wonderful lunchtime activities and providing us with free lunches!
- **Senior Staff** for their continued support of this week

Staff Enrichment Week – 2011